THE WALL BETWEEN FAMILY AND PRIVACY
HAVING KIDS IN THE FACEBOOK ERA {page 10}

GETTING INTO THE GARDEN GREENS
TIPS FOR ZESTY NECTARINE SALAD {pg 11}

ACTION
NOTHING NEW FOR SLY'S BOYS
SCENE {page 8}

VANCOUVER metro®
Monday, August 16, 2010
www.metronews.ca
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Whistler. Rollin'

▶ A competitor hits the dust as he races after a wheel of cheese — travelling up to 70 km/h — during the annual Canadian Cheese Rolling Festival at Whistler on Saturday.

SHOPPER

Chasing down the big cheese

Racers in nine heats ran, tumbled and rolled down the mountain as they tried to be the first to catch the 11-pound wheel of cracked pepper Verdelait cheese. The fastest female and fastest male competitors each took home a cheese and two Whistler season ski passes.

Migrant died off B.C. coast

▶ 27 aboard ship taken to hospital in Victoria, including two pregnant women ▶ Immigration hearings expected to start this week ▶ Migrants include 50 children

One of the nearly 500 Tamil migrants who set sail for Canada aboard a cramped cargo freighter died just three weeks before the ship arrived off the B.C. coast, the RCMP confirmed yesterday.

The MV Sun Sea arrived near Victoria on Friday carrying about 490 people from war-ravaged Sri Lanka, who are expected to make refugee claims.

"The deceased was a 37-year-old male of Sri Lankan descent who died of an illness," the RCMP said in a news release. "His body was disposed of at sea. There is nothing to indicate criminal intent at this time."

Sarujan Kanapathipillai of the Canadian Tamil Congress said the man left behind a wife and child in Sri Lanka.

"It shows how desperate these people were to try and get out of Sri Lanka, the conditions they must have been in."
SARUJAN KANAPATHIPILLAI, TAMIL CONGRESS

Officials with the CBSA were processing the migrants over the weekend as they were transferred to Vancouver-area jails. THE CANADIAN PRESS

Emails blast PM's stance

Hundreds of angry messages over MP expense audit {page 5}

A splinter of hope

Big drop in illegal logging seen in Amazon, Indonesia {page 12}

LASER VISION CORRECTION
Starting at
$490 TAX
Financing Available
"For years I skated with the hassles and frustrations of glasses and contacts. In 2005, I had LASIK and the results were fantastic. Thank you LASIK MD, for helping me achieve my Olympic vision!"
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2010 Olympic Bronze Medalist
2005 LASIK MD Patient
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1 news

News on the move

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2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

Officials say conditions on Tamil migrant ship were far better than expected. Video at metronews.ca

Follow us on Twitter @vancouvermetro

Did you spend Sunday chasing cheese down Whistler? If not, you should see this. Scan code for photos.

Anime characters in bikinis invade UBC

Ever wanted to see a real-life version of your favourite anime character — in a bikini?

This year's hottest Anime Evolution event was the Anime Swimsuit Competition.

The contestants included a sultry Madam Red, a sweet Little Mermaid and a partially sheared Aries. The contest featured the talents of a contortionist and a belly dancer.

More than 5,700 anime fans were expected at this year's anime convention held over the weekend at the University of B.C.

VANESSA YEE

VANESSA YEE/FOR METRO VANCOUVER

▶ An anime Swimsuit contestant dressed as the zodiac sign Aries.

Bus driver blacks out, hits pole

A Translink bus driver blacked out while driving on Howe Street on Friday afternoon, CBC News reports. The bus collided with two cars before crashing into a pole.

The driver was taken to the hospital but no updates have been released regarding his condition, TransLink spokesman Drew Snider said yesterday.

VANESSA YEE

Chinatown. Anniversary

▶ A woman looks at key chains at the Chinatown Festival on Keefer Street yesterday.

KRISTEN THOMPSON/METRO VANCOUVER

Street party marks 125 years

Chinatown's two-day street party marked the 125th anniversary of the historic neighbourhood and included a market with food vendors and shopping stalls, a youth talent show, and photo opportunities with Chinatown's new mascot — a panda bear who has yet to be named.

Brush blaze shuts highway

262 wildfires are burning in the province, the government reported yesterday ● Most have started in the past two weeks

JENNIFER O'CALLAGHAN
VANCOUVER@METRONEWS.CA

A wild brush fire temporarily shut down Highway 1 in Langley Saturday night as the province continues to struggle with of one of the driest summers on record.

The blaze closed down the freeway in both directions between 248th and 264th streets, forcing motorists to find alternate routes.

Langley RCMP said the fire started shortly before 6 p.m. and was put out about an hour later. Fire crews continued to monitor the area.

The cause of the fire is unknown, though there are reports that a cigarette butt or spark from a car may be to blame.

The hot and dry conditions are expected to continue throughout the coming week, particularly in the Southern and Central Interior regions where temperatures were expected in the mid to high 30s.

To assist with firefighting efforts, 15 crews of 20 people each arrived from Manitoba, Alberta and Ontario yesterday.

Fires since April

Since the beginning of April, fire crews have responded to 1,409 wildfires.

- Of those, 551 have been human caused.
- The fires have burned almost 160,000 hectares.
- There are 3,299 firefighters battling fires in B.C.

Heat's no excuse — keep shirts, shoes on

Be mindful of basic hygiene and keep your shirts and shoes on if you're on the bus or SkyTrain, TransLink advised passengers as B.C. temperatures are expected to reach highs of 32 C this week.

Most TransLink vehicles are not air-conditioned, said spokesman Drew Snider, who recommended that people be aware of priority seating.

TransLink suggests if you see someone on a hot day who looks like they need a seat more than you do, be courteous and offer it to them.

JENNIFER O'CALLAGHAN

▶ A Coast Mountain Bus.

News in brief

Girl drowns in Nanaimo lake

DEATH. A seven-year-old girl drowned in Westwood Lake in Nanaimo on Friday. RCMP said lifeguards were on duty at the time.

Senior nabbed in bank theft

CRIME. A Prince George man with a walker is accused of robbing a bank Friday morning. He was taken into custody 45 minutes later.

Man killed in stabbing

CRIME. A Surrey man was found stabbed to death and a woman was injured after an argument on Friday morning. A 54-year-old man was arrested.

VANESSA YEE

Granville Street. On the edge

▶ Morgan Smith of Toronto performs some freestyle skate tricks for the National Matix Skateboard Contest Finals.

VANESSA YEE/FOR METRO VANCOUVER

Skaters' paradise

Skateboarders lined up along Granville Street yesterday to show off their extreme skate tricks and to practise for the National Matix Skateboard Contest Finals.

Anti-HST petition under judicial review

Business groups calling for clarity on whether federal law already in place can be debated by province Challenge expected to run until Friday

KRISTEN. THOMPSON
@METRONEWS.CA

Bill Vander Zalm's petition to repeal the HST may have passed the scrutiny of Elections B.C., but today a British Columbia court judge will analyze the draft bill to determine its constitutionality.

In June, a coalition of B.C. businesses representing, among others, the Council Of Forest Industries and the B.C. Chamber Of Commerce filed a judicial review of the anti-HST petition.

The coalition said the harmonized sales tax will make their industries more competitive while encouraging job creation and international investment.

"This (review) will enable a judge to make a simple determination as to whether the draft bill is constitutionally valid and therefore suitable for introduction to the legislature," the group said in a release.

Vander Zalm's petition calls for the government to submit a bill to the legislature reversing the tax, which came into law on July 1.

His team with FightHST collected more than 700,000 signatures from more than 10 per cent of voters in all provincial ridings.

The petition was presented to Elections B.C. in early July.

Last week, the agency confirmed all the signatures on the petition were valid.

The province's chief electoral officer told Vander Zalm he won't act on the petition until after the outcome of the judicial review.

JENNIFER O'CALLAGHAN/FOR METRO VANCOUVER

▶ Nikki Yanofsky with fans.

Yanofsky greets fans at Winners

Canadian jazz singing sensation Nikki Yanofsky signed autographs and met with fans at the Granville Street Winners yesterday.

The 16-year-old became a household name this February when she recorded I Believe, the anthem of the 2010 Vancouver Olympics.

"I would have been happy just to hold the torch," she said.

"It definitely got my name out there and I'm so lucky to be given such a huge honour."

JENNIFER O'CALLAGHAN

News in pictures

PHOTOS
1. RCMP
2. TOMI TAPIO/FLICKR COMMONS
3. LITTLE MOUNTAIN BASEBALL/FACEBOOK
4. VANCOUVER PARKS BOARD
5. SFU PIPE BAND/FACEBOOK

1 A 99-year-old man was severely injured at a Nanaimo Walmart Wednesday after he was shoved to the ground by an alleged shoplifter (pictured).

2 The University of Victoria will appeal to the B.C. Supreme Court today to remove an injunction that protects more than 1,400 campus rabbits.

3 Vancouver's Little Mountain Mountaineers are going to the Little League World Series after defeating Ontario 13-1.

4 The Vancouver police wants the public's help to improve their beach patrol by making suggestions in an online survey.

5 SFU's pipe band tied for third this year at the World Pipe Band Championships in Scotland.

VANESSA YEE

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The ‘e’ in ‘email’ stood for ‘enraged’

Out of hundreds of emails over blocked MP expense probe, only one urged Harper to resist AG’s scrutiny

Prime Minister Stephen Harper’s inbox was deluged last May with hundreds of angry emails from citizens outraged that MPs wouldn’t allow the auditor general to scrutinize their expenses.

“The Conservative Party won’t get one more cent from me unless that happens — now,” said one incensed correspondent.

Said another: “Can you please try to move this country further away from the banana republic it is? What is the problem? Are the greasy little MPs complaining?”

The tsunami of vitriol was sparked by the refusal of an all-party committee of the House of Commons to accede to Auditor General Sheila Fraser’s request to audit the books of the lower house, including the expenses accounts of MPs.

The board stonewalled for months until the public outcry grew so loud that members crumbled on June 15, announcing that Fraser would be allowed to conduct her audit.

Opinion polls at the time showed deep anger about the snub, with 85 per cent of Canadians surveyed in one Harris-Decima poll opposed to the blockade. **THE CANADIAN PRESS**

Spending

- **Expenses** The House of Commons spends about $500 million each year, of which some $130 million goes to pay MPs’ telephone bills, meals, travel, hospitality, office expenses and other discretionary items.
- **Opposition parties** Liberal Leader Michael Ignatieff and NDP Leader Jack Layton initially declined to support Fraser’s request.

WWII. VJ Day Vets

▶ Veterans in Ottawa attempt to shelter themselves from the rain yesterday at the VJ Day ceremony.

FRED CHARTRAND/THE CANADIAN PRESS

Rain doesn’t stop WWII ceremony

A heavy rainstorm did not stop a ceremony in Ottawa yesterday honouring the 65th anniversary of the Victory in the Far East (VJ Day) and the end of the Second World War. The ceremony was moved indoors. Asia also paused yesterday to remember Japan’s surrender to the Allied forces which ended war 65 years ago, as the Japanese prime minister apologized for creating suffering in the region.

News in brief

Killer as child

PICKTON. New book, to be released by end of month, examines Robert Pickton’s childhood. Scan code for more. **THE CANADIAN PRESS**

UN chief urges aid to Pakistan

UN Secretary-General Ban Ki-moon said yesterday he has never seen anything like the flood disaster in Pakistan after surveying the devastation and urged foreign donors to speed up aid to the 20 million victims. **THE ASSOCIATED PRESS**

Fire outside PM’s house nets charges

Charges have been laid against Daniel Skahan, 29, who allegedly set a small fire outside Prime Minister Stephen Harper’s official residence Saturday. Police say Skahan has mental health issues and is known to them. **THE CANADIAN PRESS**

Phones. More Magic

▶ MagicJack founder Dan Borislow

PAUL SAKUMA/ASSOCIATED PRESS/FILE

Device will allow free calls

The company behind the magicJack, the heavily advertised Internet phone gadget, has another trick up its sleeve: Free phone calls from computers, smartphones and iPads in the U.S. and Canada. The software will be available next week for Windows and Mac computers.

Markets still in stall

▶ But despite gloom-and-doom attitude, experts say there is still growth
▶ Manufacturing, inflation numbers out this week

Stock markets could find themselves smack in the midst of the summer doldrums this week as the second-quarter earnings season winds down and there are few major, market-moving economic reports due.

However, economic data last week gave investors plenty to think about, including more signals that gains will be hard to come by as the recovery stalls.

There has been "some very good news" in the form of a generally positive second-quarter earnings season, said Serge Pepin, director of investments at BMO Investments.

"But it's being overshadowed by the gloom-and-doom attitude, a general malaise out there that there could be a double-dip recession, that the global economy will go back into recession," Pepin added.

"We do not believe that. We really do believe that what we're experiencing is a slowdown of economic growth, but still growth."

The malaise on stock markets deepened last week after the U.S. Federal Reserve confirmed what many investors already suspected — that "the pace of recovery in output and employment has slowed in recent months."

There was a 2.3 per cent slide on the TSX last week while the Dow industrials gave back 3.28 per cent.

"People have been focusing excessively, I think, on the bad news and it reflects the shaken confidence of investors," said Norman Rasch-kowan, North American strategist at Mackenzie Financial Corp.

He calls the recent run of corporate earnings "phenomenal ... but clearly that hasn't been enough."

THE CANADIAN PRESS

Real estate slows, but prices high

Sellers are facing more empty open houses and fewer bids on their homes, but experts say buyers shouldn't expect to see a retreat from record-high home prices when July housing data is released today.

Home sales have fallen 25 per cent since reaching a peak at the beginning of the year as demand slows and more houses come onto the market.

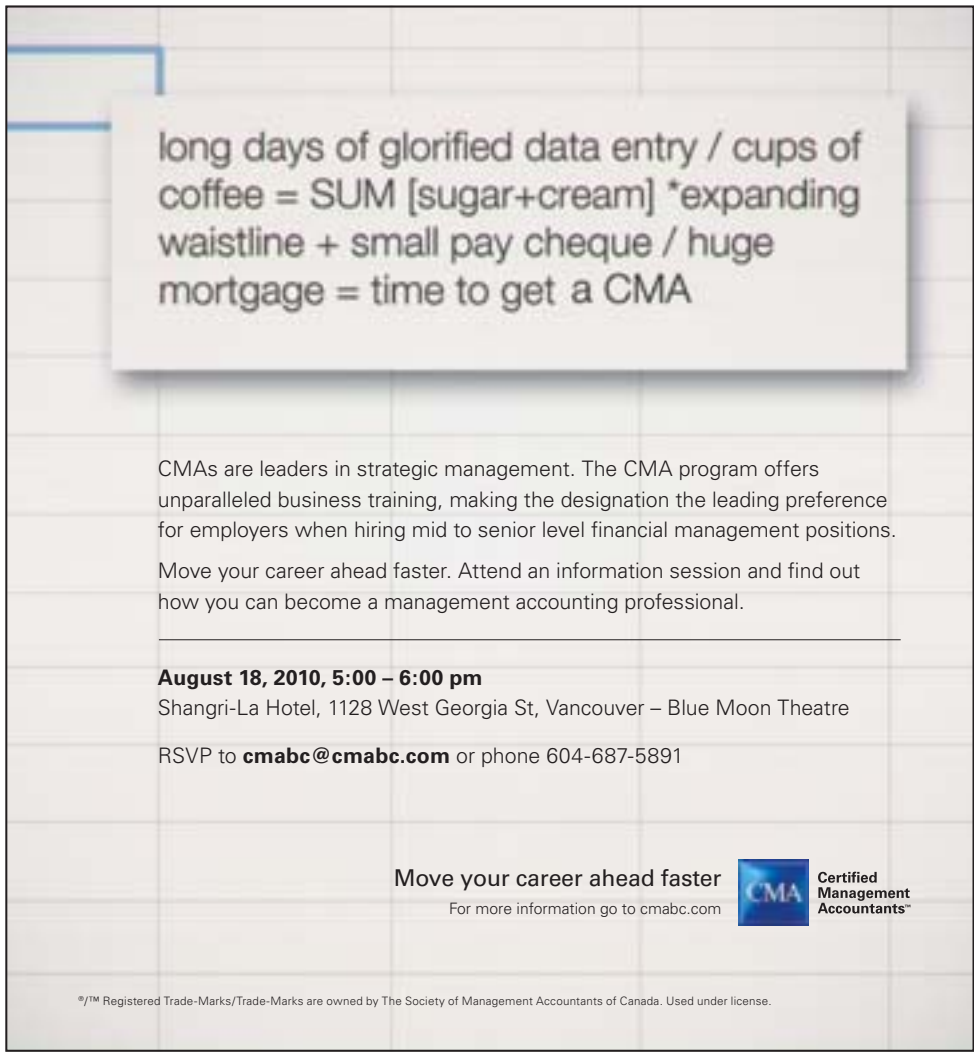
But it will take much longer for sky-high home prices to fall and the market to enter buyer-friendly territory. And history is on the side of the seller.

"Over time, if you were to look at the last 40 years, it's much more common to see sellers' markets than buyers' markets," said Phil Soper, president of Royal LePage.

"It comes down to the different psychology that exists between buyers and sellers. Buyers are very quick to adjust to a down market and sellers are very slow to adjust to a down market.

"Sellers stubbornly hold onto their perception of what their home is worth, whereas buyers turn on a dime."

THE CANADIAN PRESS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India. Telecoms

▶ A man checks his handset at a shop in Hyderabad, India, Friday.

MAHESH KUMAR/THE ASSOCIATED PRESS

Access battle may move beyond BlackBerry

India may ask Google and Skype for greater access to encrypted information once it resolves security concerns with BlackBerry, which is under threat of a ban, according to a government document.

Apple official indicted

Paul Devine, a manager at Apple Inc., has been indicted by a grand jury in an alleged kickback scheme involving suppliers of iPhone accessories.

THE ASSOCIATED PRESS

Google to build brand in Canada

Canadian e-commerce is lagging and Google plans to hire more staff to strengthen its business brand in this country, says the new head of Google Canada.

"The message is very clear: Invest for growth in Canada," Chris O'Neill said in a phone interview from the search engine giant's headquarters in Mountain View, Calif.

Google already has 150 employees in Canada at offices in Toronto, Montreal, Ottawa and the Kitchener-Waterloo region of Ontario. O'Neill isn't sure yet how many new employees the company will hire but they could be in engineering, sales, marketing and policy.

He will also focus on ensuring that Canadian businesses use more Google products and services, and not just advertising.

"Google has a very well-known consumer face," O'Neill said.

But from a business perspective, the same recognition isn't there, he said.

THE CANADIAN PRESS

Bigger presence

According to O'Neill:

- Google could provide business applications like email, Google Maps, the Google business channel on YouTube, co-marketing and product integration.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+25.2	-1.08¢
11,799.97	US 96.29¢
Oil	**Natural gas**
-$1.31 US	-13.1¢
US $80.70	$4.467

CANADA: KIND AND GENTLE OR A PATSY?

Urban Compass

PAUL SULLIVAN

How would you feel if you answered the door and there were 490 people on your front lawn with all their stuff expecting to move in?

I suspect you would snatch up the welcome mat, shut the door, pull down the blinds and pretend there's nobody home.

Unfortunately, when the 490 are escaping the aftermath of a civil war and it took them two-and-a-half months to get here on a slow boat from Sri Lanka, the "we're-not-home-call-tomorrow" option is not available.

So Canadian Border Services is now sorting through the people who docked in Victoria Friday the 13th, (!) on the MV Sun Sea, trying to separate the refugees from the terrorists fleeing the bloody civil war in Sri Lanka, which ended in May.

Whoever they are, terrorists or refugees, they're already through the door, on solid ground here in Maple Ridge.

It's highly likely not one of them will be sent back to Sri Lanka. There's too much bad blood back home. The Tamils have been fighting a war of secession from Sri Lanka for decades. The Sri Lankan government maintains there are arms, drug and human smugglers in their midst, using ordinary citizens as shields, as the government insists is common in Tamil refugee camps.

"There are lots of Tamil sympathizers in Canada, not to mention lots of professional multi-purpose sympathizers."

Make no mistake, there were atrocities on both sides. But the Tamil Tiger guerrilla movement was declared a terrorist group by Canada's (Liberal) government in 2006. If 490 members of the IRA or al-Qaida turned up at the front door, how would we feel? And do we really want to become the refuge for an outfit that has used suicide bombers to make its point on more than one occasion?

Still, there are lots of Tamil sympathizers in Canada, not to mention lots of professional multi-purpose sympathizers. So although Tamil Tigers are banned in Canada, and both the Canadian and Sri Lankan governments say there were Tigers aboard, all 490 are essentially home-free. With the grim record of atrocities on both sides, it will be impossible to send anyone back. It's not the Canadian thing to do, eh?

Australia, not ready to become the destination of choice for the Tamil resistance, politely but firmly turned the ships away. Canada is a kinder, gentler nation. Either that or a bigger patsy.

So they're our Tigers now. Save the Tiger, and all that. Oh, and there are two more ships about to head this way. Better set another few hundred places for dinner.

Cartoon

MICHAEL DE ADDER

Cat lovers respond

Letters & Tweets

We asked: What?s the better pet [] dogs or cats?

TORONTO. Where are all the feline lovers?

I like dogs and all animals, but must say that I prefer cats to dogs. Contrary to what most people think, cats are trainable and are very intelligent.

Some cats act more like dogs (such as mine), are highly affectionate and can also play fetch. They are very entertaining and, of course, the purring is so pleasing to the ear.

LIZ SIMPSON

TORONTO. I've grown up with pets — both cats and a dog and I prefer cats.

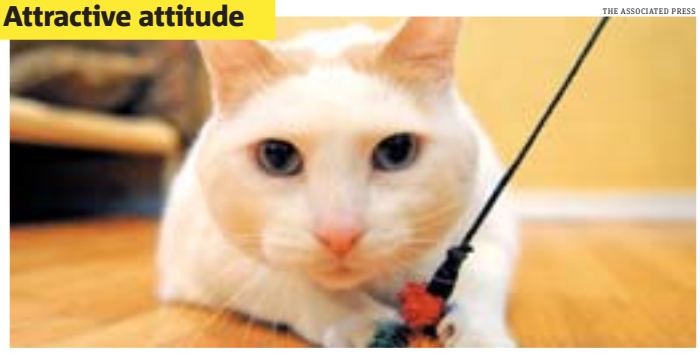
Yeah, they can have attitude but that's the attraction. However, each one of my cats — including my current two — have been very affectionate and eager to play. There's no work to get there — if you show them affection, you'll get it back. Rather than worry about being ignored, I sometimes complain that my cats want too much attention.

Cats are more independent than dogs, which is great. I don't have to race home after work to walk them or spend extra money for a dog walker. But when I come home, I get "kisses" and "hugs" from my cats, who are happy to see me.

ALLY MCDONALD

Attractive attitude

THE ASSOCIATED PRESS



Buying your own engagement ring: Girl power or desperate act?

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Metro Minute with Kim Churchill

Grab your lunch to go today and head to the outdoor plaza at 700 Hamilton St. (between Robson and Georgia streets) to listen to Kim Churchill as he performs a free concert.

Vancouver CBC is injecting a little harmony into everyone's lunch hour with a series of "Musical Nooners," where they invite local musicians to play on their outdoor stage.

The performances start at noon everyday. Upcoming acts this week include Bodhi Jones, Andrew Allen and Joanna Chapman Smith.

For a full schedule of upcoming musicians and photos of past performances, visit the community blog at cbc.ca.

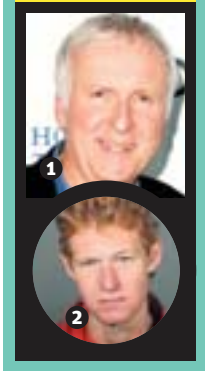
JENNIFER O'CALLAGHAN

CONTRIBUTED

▶ Kim Churchill.

2 scene

News in brief



1 Earth Day Network is enlisting groups in 15 countries to plant one million trees this year with Avatar movie director James Cameron and Twentieth Century Fox. Cameron planted the first of one million trees in April in Brazil. Tree plantings in Canada will be focused on reforestation of depleted areas.
THE ASSOCIATED PRESS

2 Redmond O'Neal, the son of the late Farrah Fawcett and Ryan O'Neal, has successfully completed a drug diversion program. O'Neal's graduation led to the dismissal of two felony drug-related cases, an official said.
THE ASSOCIATED PRESS

Find out the latest news in the ongoing Anna Nicole Smith trial taking place in Los Angeles

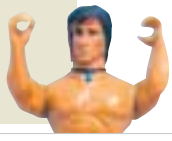
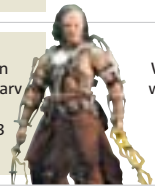
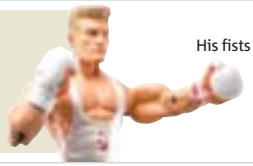
LIONSGATE FILMS

▶ From left, Jason Statham, Sylvester Stallone and Randy Couture are just three of The Expendables, the action film that came out on Friday.

The last real action heroes

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

The poster for The Expendables features the main men and only their last names. Not just because they've been in so many action flicks that you're supposed to know who they are, but because a last name alone is much more badass. It's also a cliché, but these are the guys who made stuff like this into a cliché. Just look at their credentials.

The actors	Best-known action roles	Trademark weapon	Badass action hero line	Badass action hero action
Stallone	John Rambo; Rocky **No. of action films:** 34	 Liberated machine guns/his knife/ his fists.	**"In town you're the law, out here it's me."** RAMBO	He takes out a guy in a helicopter by throwing a small rock at him in First Blood.
Li	Wong Fei-hung in the Once Upon a Time in China series **No. of action films:** 35	Martial arts	**"Remember my face, so you can seek vengeance in the next life."** PANG QINGYUN, THE WARLORDS	In Fist of a Legend, using nothing more than his fists and feet, he takes out more than 50 men. Men, we might add, who are top-level martial arts students.
Rourke	Harley Davidson, Ivan Vanko in Iron Man 2, Marv in Sin City **No. of action films:** 33	 Weird, energized whip-like chains in Iron Man 2	**"This is blood for blood and by the gallon."** MARV, SIN CITY	Walking into an armed robbery in progress, Rourke's character in Harley Davidson and the Marlboro Man politely pays for gas before beating up the thugs.
Willis	John McClane in the Die Hard movies **No. of action films:** 39	Whatever he can snag from his enemies	**"Yippee-ki-yay, motherf—er."** JOHN MCCLANE, EVERY SINGLE DIE HARD MOVIE	A helicopter drops him off on the wing of a moving plane, where he fights two bad guys, releases fuel and blows it all up with a lighter in Die Hard 2.
Lundgren	Drago in Rocky IV **No. of action films:** 36	 His fists	**"I must break you."** DRAGO	He picks up a couch to ram it against a knife-wielding captor in Storm Catcher.
Statham	Mercenary Frank Martin in the Transporter movies **No. of action films:** 22		**"Have a good life. What's left of it."** FRANK MARTIN	Without a weapon, he defeats two guys who corner him with axes in a narrow hallway in The Transporter.

Lohan looking at another early exit

Prosecutor predicts Lohan won't spend 90 days in rehab Michael Lohan objects to her leaving early

After she served only a fraction of her 90-day jail sentence, it looks like Lindsay Lohan won't be in rehab for the full 90 days ordered by the court, either.

"My understanding from conversations with (Lohan's lawyer) Shawn Chapman Holley is that Miss Lohan could be released early from the treatment facility," Danette Meyers, a prosecutor in the case, tells Radar Online.

"How much earlier she could be released I'm unsure of at this point."

But her dad thinks that's an awful idea.

"My prediction is that Lindsay will get out of rehab early, probably still be on some kind of prescription drugs, she'll go right back to hanging out with the same people and everything will once again fall apart," Michael Lohan tells the Web site.

"And this will only have been a band-aid."

Lohan checked into the rehab center on Aug. 2, after serving 13 days of a three-month sentence in Los Angeles county jail.

The judge in her case, Marsha Revel, ordered a last-minute switch to an UCLA rehab facility for security reasons.

METRO WORLD NEWS

▶ Why wouldn't a drug addicted celebrity get out of rehab early? It makes perfect sense.

Talking points

Jonas brother denies getting any on the side

CLEARLY WHOEVER WROTE THIS STORY WAS UNAWARE THAT JOE WEARS A PURITY RING. THAT'S NOT SOMETHING YOU CAN JUST TAKE OFF... Joe Jonas is threatening to sue a Canadian blogger for reporting that he and Camp Rock co-star Demi Lovato are "friends with benefits," according to TMZ.

Jonas is angry at Zack Taylor for suggesting he and 17-year-old Lovato "are involved in an illicit relationship," according to a letter obtained by the Web site.

His attorney's claim Taylor's post is "completely false, offensive and defamatory."

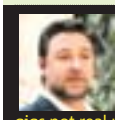
METRO WORLD NEWS

Celebrity tweets

Russell Brand [@rusty-rockets] If life gives you lemons, politely thank life, then, when life's not looking, throw the lemons into a duck pond.

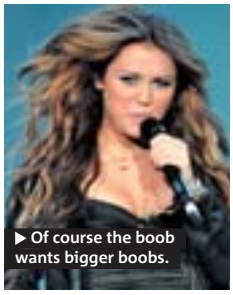
Russell Simmons [@Uncle-RUSH] Practice loving everybody and everything all the time. But hang with those people who lift u up

Russell Tovey [@russell-tovey] Mid day drinking... Kinda an unrealised pleasure... Love Saturdays off!



Russell Crowe [@russell-crowe] The gigs not real until it's done. It's the way the business works.

GETTY IMAGES



▶ Of course the boob wants bigger boobs.

Cyrus looks for a C-cup?

Though she hasn't even turned 18 yet, Miley Cyrus has reportedly already decided she wants breast augmentation surgery, according to Star magazine.

"Miley is intent on getting a boob job, and she's insisting her parents sign the consent form, which is required since she's still 17 years old," a source tells the magazine. "(Parents) Billy Ray and Tish are letting her go for it. She's beyond their control, anyway."

The source says Cyrus is looking to former Playboy Playmate Holly Madison for inspiration, wanting breasts of a similar size.

A rep for Cyrus has denied the rumours of plan for a boob job.

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Imodium

3 life

Welcome

Perfect family vacation?

Air Canada Vacations is launching a contest on its Facebook page and Twitter feed today to send someone on an all-inclusive getaway. All you need to do is provide your name, email address and phone number.

METRO

Preventing fetal alcohol spectrum disorder

Health providers should routinely ask women of childbearing age about their alcohol consumption as a first step in trying to prevent fetal alcohol spectrum disorder in children, says the Society of Obstetricians and Gynaecologists of Canada. The doctors organization released a set of guidelines regarding the subject last week. METRO

Getting along with dad? Could your relationship play a role in later-life stress?

"We feel like something has to be sacred. If you share everything with everyone, what is there left?" Sherry Petersik, a new mom who is on Facebook, said With the social media site entering its sixth year, many early adapters are starting to have children and its causing some major privacy issues for some of them

DARRON CUMMINGS/THE ASSOCIATED PRESS

▶ Sara Hinkle and her husband, Travis Hinkle, use laptop computers to blog from their apartment. Hinkle is a 24-year-old expecting mom and writes about her experiences. Keeping family life private at a time when 500 million people are on Facebook is a challenge for young, early adopters of the social networking site.

When Facebook users have kids

If she could turn back time, Sherry Petersik would have done things differently on Facebook.

The 28-year-old new mom, who writes a home decor blog called Young House Love, wanted only friends and family to access her profile on the six-year-old social networking site. But one blog reader sought permission, followed by others, and at the risk of alienating them, Petersik and husband John lost their privacy.

Keeping family life private at a time when 500 million people are on Facebook is a challenge made tougher for young early adopters used to living life online but now also juggling the responsibilities of marriage and children.

Petersik wanted only family to know when she was pregnant, and when daughter Clara was born in May. Their joy was tempered by concern that someone in their real-life circle would inadvertently spill the news on Facebook.

Losing privacy "has completely changed the way I use Facebook," Petersik said. "We now feel like we can't share a lot of personal things because we feel like we don't want the world at large to read them."

She said they used to share travel plans or personal details because "these were our friends and family, they're not going to rob us or have an agenda," but now the couple is hyper-aware of keeping those details offline.

Judy Aldridge, 47, and her 18-year-old daughter are heavy social-media users: Aldridge for her Atlantis Home blog and online accessories shop and Jane for her popular Sea of Shoes fashion blog.

"I think if you look at our blogs, it seems like we share a lot. But there's so much stuff that's off-limits," said Aldridge, who adds that she always looks over Jane's posts before they're published.

Sara Hinkle, a 24-year-old expectant mom and freelance illustrator said the seemingly simple act of taking pictures with friends and talking about her day now goes through self-editing.

"If they don't know about the blog, I don't ever put their names in it," she said.

But for Brittany Birnel, a 30-year-old mom of three who writes the parenting blog Tangled and True, personal blogs are so common in her social circle that she's not concerned when she shares photos of friends or their children.

THE ASSOCIATED PRESS

Profession-centric worries

Yakini Etheridge, a 31-year-old clinical psychologist, has whittled down what she reveals on her profile as more readers of her parenting blog, Prissy Mommy, find her on Facebook. Etheridge and husband Derek have a toddler named Chase and a new baby.

Etheridge didn't realize Derek, a lawyer, was sensitive about photos until she posted Derek in an undershirt and boxers, reading to Chase on the couch.

He called her from work and said, "I can't believe you put a picture of me with my underwear online!" Etheridge recalled.

She said she didn't realize that the intimate family moment was available, for example, to one of Derek's clients. She deleted the photo.

Parenting blogs

Here are some parenting blogs you can find online.

- **Young House Love:** younghouselove.com
- **Tangled And True blog:** tangledandtrue.com
- **Prissy Mommy:** prissymommy.com
- **Atlantis Home:** atlantishome.typepad.com

THE ASSOCIATED PRESS

HANDOUT

▶ Nectarine garden salad with minted chili dressing.

Nectarine salad tingles taste buds

Garden greens are abundant throughout the summer and into early fall. A variety makes this salad interesting both in texture and colour.

"When mixed with fresh nectarines and finished with a zesty dressing, it comes alive and tickles the senses," says chef Mark Picone of Vineland, Ont., in the Niagara Region.

Suggested wine pairing: Riesling from the Niagara Peninsula.

Chef's tip: If desired, substitute 500 g (1 lb) of pre-washed spring mix for the lettuces. You can also substitute sherry vinegar or red wine vinegar for the icewine vinegar.

Ingredients :

Dressing:
- 1 red chili, finely chopped
- 125 ml (1/2 cup) extra-virgin olive oil
- 45 ml (3 tbsp) icewine vinegar
- 15 ml (1 tbsp) maple syrup
- 50 ml (1/4 cup) freshly chopped mint
- 30 ml (2 tbsp) snipped chives
- Sea salt, to taste

Salad:
- 1 Boston bibb lettuce, washed and dried
- 1 romaine lettuce, washed and dried
- 1 red leaf lettuce, washed and dried
- 3 nectarines, cut into wedges
- 1/2 red onion, thinly sliced

Preparation for dressing:

1 In a small bowl, combine ingredients and set aside.

Preparation for salad:

1 Tear lettuces into bite-sized pieces and place in a large salad bowl. Add nectarines and onion. Whisk dressing, pour over greens and toss lightly. Serve on cold salad plates.

THE ASSOCIATED PRESS

greens top for food poisoning

SAFETY Cooking chicken on the grill this summer? Be careful. Poultry is still the leading culprit in food poisoning outbreaks, U.S. health officials said recently.

Chicken, turkey and other poultry accounted for 17 per cent of the food-borne illness outbreaks reported to the government. Beef and leafy vegetables were close behind, at 16 per cent and 14 per cent.

The report from the Centers for Disease Control and Prevention covers outbreaks in 2007. Poultry was also the No. 1 source of outbreaks in 2006.

Salmonella and other kinds of bacteria caused about half of the outbreaks, the CDC said. Viruses — like norovirus — caused about 40 per cent, mushroom toxin or other chemical agents were blamed for seven per cent. Parasites accounted for one per cent.

Several things can cause an outbreak. For example, an infected person might contaminate the food while handling it. A contaminated food may be left out a room temperature for hours, allowing bacteria to multiply. It may not be cooked enough to kill the bacteria.

The CCD counted more than 21,000 illnesses in about 1,100 outbreaks in 48 states and Puerto Rico. There were 18 deaths from food poisoning.

It's far from a complete picture, however. Experts estimates that only about five per cent of people who get food poisoning are part of a recognized outbreak, which is a cluster of two or more cases.

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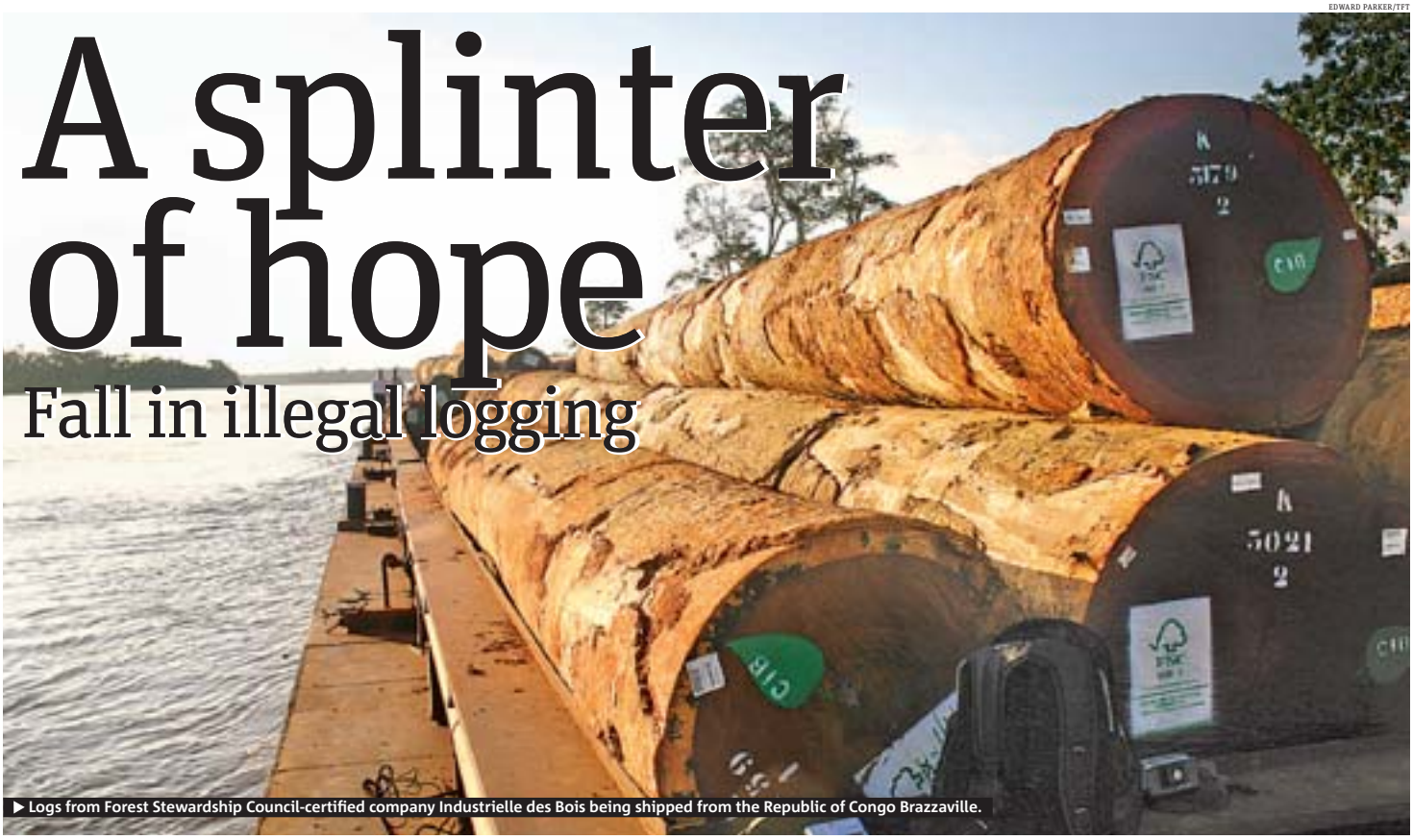
Great news — illegal logging has fallen 20 per cent globally, and up to 75 per cent in Brazil and Indonesia
Laws, changes of policy and pressure from NGOs have helped to protect the vital, CO2-storing tropical forests that a billion peolple depend on for their livelihood But, a lot more needs to be done

A splinter of hope

Fall in illegal logging

EDWARD PARKER/TFT



▶ Logs from Forest Stewardship Council-certified company Industrielle des Bois being shipped from the Republic of Congo Brazzaville.

Illegal logging has fallen by 22 per cent globally, and up to 75 per cent in the Brazilian Amazon and Indonesia. This good news was presented in a report by UK think tank Chatham House last month.

"Up to a billion of the world's poorest people are dependent on forests, and reductions in illegal logging are helping to protect their livelihoods," said Sam Lawson, Chatham House Associate Fellow and lead author of the report.

The world's forests also play a vital part in storing carbon and as habitat for half of all terrestrial flora and fauna. Illegal logging is a serious threat not only to the forests' inhabitants but also fuels CO_2 emissions, corruption and conflict.

The study credits political pressure from NGOs and improvement in regulations and practices by the industry for the positive development. However, a lot more needs to be done.

The U.S. Lacey Act and the EU's recent decision to ban imports of illegal timber from 2012 are important steps, as is a growing interest in the industry in using sustainably managed timber. The Forest Stewardship council (FSC) promotes responsible management of the world's forests in 50 countries worldwide. And organization The Forest Trust (TFT), a member of FSC, is helping companies purchase legally harvested logs as well as supporting good forest management. For example they recently helped a Chinese factory produce the first legal plywood in China for a UK company. China is the world's top importer and exporter of illegal wood, so this was an important achievement, says TFT director Scott Poynton.

"The key place where smuggling of illegal logs come in is just before shipping."
SCOTT POYNTON, THE FOREST TRUST

A TFT-label assures the customer that the log can be traced all the way back to its stump.

"It is a challenging process, but it's not impossible," says Scott Poynton.

All logs are tagged and their species, length and diameter are documented. TFT controlled factories are visited three or four times a month to check where logs come from.

"Most of the logging is done by traders who mix logs that are legally logged with those that are illegal. The key place where smuggling of illegal logs come in is just before shipping," says Scott Poynton.

Illegal logging has long been the industry norm, says Poynton. It is cheaper and operates without control and taxes. This in turn robs countries of revenue and leads to corruption and crime. The cost for legal wood is 20 to 30 per cent higher. The incentive for producers and consumers to switch to legal and even better sustainably forested wood can not only come for fear of breaking the law — increased demand from the market is needed as well.

"Factories can often get this money back, by using legal wood they do away with a middleman," says Scott Poynton, who also has hopes for the enormous Chinese import, manufacturing and export markets.

"If they sense that there's a market opportunity in legal wood, they will switch. If they see a demand for it," he says.

So, we're all in it together. From furniture shoppers in Paris to indigenous people in Indonesia. It is not too late to act against deforestation of vital areas.

"I fear that climate change is running away from us. But we should do whatever we can as long as we can," says Poynton.

METRO WORLD NEWS

Important trees

EDWARD PARKER/TFT

- The study Illegal logging and related trade: Indicators of the global response" found that illegal logging had fallen by between 50 and 75 per cent during the last decade in Cameroon, the Brazilian Amazon and Indonesia.
- Illegal logging is an important cause of deforestation and forest degradation in poor countries. Forest destruction contributes 20 per cent of global CO_2 emissions caused by human activities.

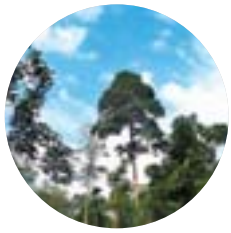
17M

In 2008, the US, Japan, the UK, France and the Netherlands imported 17 million cubic meters of illegal timber or wood products worth around US$8.4 billion, mainly from China.

SOURCE: "ILLEGAL LOGGING AND RELATED TRADE: INDICATORS OF THE GLOBAL RESPONSE", CHATHAM HOUSE.

OLD AND PRECIOUS FORESTS

The main areas where tropical rainforest is logged are the Congo basin in central Africa, Indonesia in South East Asia and Brazil.



CAMEROON

INDONESIA

LAOS

BRAZIL

INFORMATION FEATURE

Milestones in Fair Trade History

1946: Ten Thousand Villages begins buying needlework from Puerto Rico
1958: First "Fair Trade" shop opens in US
1964: Oxfam UK creates the first Fair Trade Organization
1973: Fair Trade Original imports the first "fairly traded" coffee from farmer cooperatives in Guatemala
1988: The first fair-trade coffee label "Max Havelaar," is created in the Netherlands
1989: The World Fair Trade Organization is founded
1997: Fairtrade Labelling Organizations International is created
2002: The first World Fair Trade Day is celebrated worldwide
2004: The World Fair Trade Organization establishes the WFTO Fair Trade Organization Mark to registered Fair Trade Organizations
www.wfto.com

LORI DANCE

Make Fair Trade your trade

How you can bring awareness to your community

PHOTO: AUSTINTENTHOUSANDVILLAGES/FLICKR

▶ A team from Ten Thousand Villages sells Fair Trade crafts at an outdoor event.

It used to be that Fair Trade products were only available in small shops and health-food stores. However, we're starting to see Fair trade items popping up in more mainstream places. But how can you help spread the word about Fair Trade?

TransFair Canada, a national, nonprofit Fair Trade certification organization, has a wealth of information and ideas. In the past three years, they have recognized 14 Canadian towns (including Barrie) as Fair Trade Towns for their commitment to supporting the principles of Fair Trade and are looking for more cities to join the cause. They also offer free promotional materials to support vendors and Fair Trade promotional activities. And they even have a handy Fair Trade Finder that allows you to find vendors by address and by product all over Canada.

But you might already be helping the Fair Trade cause without even knowing it. Many cafés have already begun serving Fair Trade coffee and tea. Supermarkets are stocking Fair Trade items like cocoa and sugar. And even mainstream snack foods are getting in on the action (Cadbury has committed to producing their original Cadbury Dairy Milk chocolate with Fair Trade certified cocoa). To see if a product meets Fair Trade standards, just look for the "Fair Trade Certified" label.

For more information on Fair Trade in Canada, visit www.transfair.ca.

All's Fair

In developed countries, many producers for staples such as cocoa, coffee, and sugar receive subsidies and incentives to protect them in the event of fluctuating market conditions and other unforeseen circumstances that may prevent them from making a liveable wage. Not so in developing countries.

Fair Trade not only ensures that there is a minimum price set for goods that enables producers to cover their costs and take care of their families, but it also requires that hired workers' wages for producers are at least equal to the national minimum wage and that labour conditions are fair and safe. And outside of the Fair Trade minimum, a premium is placed on prices that creates a fund that allows workers and farmers to improve their community through social, economic, and medical intiatives.

Fair Trade also helps the environment, too. Agreements with producers require that water and energy conservation, fire prevention, and waste management standards are put in place and strictly adhered to. As well, many Fair Trade producers are using skills in composting and chemical reduction to transition to fully organic processes. So the more Fair Trade products are sold, the more families are provided with improved living conditions—and the more green our earth will become!

PHOTO: WILLIAM.NEUHEISEL/FLICKR

▶ Coffee beans dry in the sun at a farmer-owned cooperative near Matagalpa.

Queen of Green

LINDSAY COULTER
SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

SAFER ALTERNATIVES OF INSECT REPELLENT

QUESTION:
I've heard that DEET is toxic but what insect repellent can I use on my child instead?

Stacey, Edmonton, Alberta

There are safer, less toxic alternatives to DEET and simple steps to prevent a mosquito explosion in your backyard.

Choose DEET-free insect repellent because DEET is a suspected neurotoxin and respiratory toxin. Check your local health food store for herbal repellents containing essential oils like citronella, cedar, eucalyptus, lemongrass, or peppermint which are mosquito deterrents. They are safe for use on children but not on babes under two.

Whether you're out camping or just lounging in the backyard, try these simple tips:

• Switch to unscented personal care products like soaps, lotions and shampoos since mosquitoes love fragrance. Switch to unscented laundry soap too.

• Wear light-coloured, long sleeved shirts, long pants and socks. Tuck your kid's pants into their socks for extra protection.

• Refresh any bird baths or pet dishes kept outdoors because stagnant, standing water can become a mosquito nursery overnight.

• Fill, cover or remove any items in your backyard that may collect water – empty planters, kids' toys, wheelbarrows, garbage can lids, etc.

• Keep your gutters clean to help rainwater flow freely.

• If you have low spots or areas that puddle in your yard, fill them with soil, gravel or rocks.

• Cut your grass to about three inches tall.

• Install birdhouses or feeders to attract wild birds like swallows and martins, which feast on mosquitoes.

If you must use DEET, use it sparingly. Read the label carefully, follow the instructions, and do not use concentrations greater than 30 per cent for adults and 10 per cent for kids. Lower concentrations are as effective; they just don't last as long. Never put DEET on children under six months old and never rinse DEET off into oceans, lakes or rivers.

▶ Avoid mosquitos by switching to unscented soaps.

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Our 28 day tour begins at Cape Spear Lighthouse National Historic Site in St. John's Newfoundland, the most easterly point of Canada. We'll be travelling up to 120km on a single charge of the i-MiEV's 16 kwh lithium-ion battery with our destination being the VEVA (Vancouver Electric Vehicle Association) event in Vancouver, British Columbia on September 13, 2010.

You can join us online along the way as we post blogs, pictures, video and all things that cross our path while we drive clean across Canada. Follow the tour at CleanAcrossCanada.ca.

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All in the Family

Working with family members is full of challenges
How to make the most while avoiding pitfalls

DREW HINSHAW
WORK@METRONEWS.CA

"They've gone to school precisely to open their own trail, and then they realize that doing that in this economy is not as easy as it once was. So they fall back onto a fail safe: The family business."
ERNESTO POZA ON RECENT GRADS GETTING JOBS WITH THEIR FAMILIES

Most graduates, having chucked their mortarboards to the sky, venture forth from university to pursue professions long from those their parents practiced.

But with the unemployment rate hovering in the clouds, more and more graduates are falling closer to the family tree, landing a spot in that parent-run storefront as old and venerated as your great-granddaddy's daguerreotype on the mantelpiece.

"There is evidence that more young people are doing the unexpected," says Professor Ernesto Poza, who wrote the Family Business textbook. "They've gone to school precisely to open their own trail, and then they realize that doing that in this economy is not as easy as it once was. So they fall back onto a fail safe: The family business."

The problem, Poza warns, is that youngsters who fall back into a company of kin are too likely to recline — and treat the position like some cushy heirloom in an office where results don't count as much as chromosomes.

Which is why career guides encourage family biz-bound graduates to take a warm up lap in that thankless, brutal job market that lurks beyond the property line.

"Work an outside job for long enough to receive a promotion," Family Business Magazine editor Barbara Spector encourages. "You'll earn credibility with non-family employees, and come in with the feeling that you've accomplished something on your own."

You may even find your place in the company dynasty — the talents, passions, and bright ideas you bring to the tribe.

"Otherwise, the risk is never knowing what you're truly good at," Poza says.

New hires plucked from the family tree need to feel like their recruitment was merited, not inherited, Poza notes.

"If you're going into the family business because of a sense of cultural or family duty, owning that decision is next to impossible," he warns. "Your best bet is going to be a heroic act in which you bring the family business back from the brink."

Go through the motions

Be skeptical, Poza stresses, about any position where you call a relative boss. Be even leerier if you won't report to any boss at all. "Make sure there's a real job available," Spector agrees. "You would probably even want to have an interview, and go through the same process that anyone else would go through."

▶ Didn't want to get mixed up in the family business, huh? As long as it's not the kind of "business" depicted in The Godfather you should be fine with a few of these pointers.

Definitely, there's enough family businesses nearing that brink: Small businesses in every corner could use a golden child with a prenatal gift for management.

But if your fam's franchise doesn't qualify — and if your enticed by the employment, it likely doesn't — then consider enlisting one cautious contract at a time.

"Join on a project-by-project basis," suggests Poza. "Most young people come out of school with a real mind for projects."

There's no shortcut to success

CRAIG LUND
WORK@METRONEWS.CA

A few weeks ago I had the fortune to be invited to a TED recording for popular speaker and author Richard St. John.

The talk, based around his latest book, The Eight Traits Successful People Have in Common, gives the framework for how people like Oprah Winfrey, Bill Gates and Lance Armstrong achieved their own success. And I'm not going to lie, you will be disappointed to learn that there is no short cut, it's going to take a lot of work. According to St. John, if you are able to focus on the traits he discusses in his book, you can expect to achieve success "in about 10 years."

St. John's eight traits include Passion, Work, Focus, Push, Ideas, Improve, Serve and Persist. Having interviewed hundreds of successful people from a huge range of disciplines including sports, science and business, St. John discusses how passion creates super achievers and is quick to clarify that success does not always mean money. In fact the best success stories are from the people who just wanted to be successful … the money came after.

It is important to know, and St. John has experienced this first hand, that success is not permanent. Without continuously and consistently following the eight traits, your success will start to wane.

- The Eight Traits successful People Have in Common — 8 to be Great
- By Richard St. John
- Train of Thought arts, 224 pages, $17.70

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Paying tribute to official languages

Radio host says legislators who crafted the Official Languages Act should be applauded ◐ English, French Canadians need to take next step

▶ Stuart McLean hosts The Vinyl Cafe on CBC Radio 1.

On the 40th anniversary of the Official Languages Act, host Stuart McLean of CBC Radio 1's Vinyl Café decided to pay public tribute to the federal legislators of 40 years ago.

Remembering the controversy surrounding the Act, and other equally contentious pieces of legislation such as the adoption of a new Canadian flag or the abolition of the death penalty, McLean told his audience: "It was the courage of those Parliaments and the politicians who were in the House at that time that gave me my great respect for the idea of public service and for those who put themselves forward for public service."

"It was something I feel," says McLean of his broadcast piece, "it should be said more often. Public service people who take a stand for something are not given enough respect. We've been so well served by our public service."

"I remember the anger in English Canada against official bilingualism in Canada," he says of the political and legislative debates of the late 1960s."

"People are resistant to change, but now few people would argue against bilingualism, the flag or medicare. These are things which Canadians embrace. These are things which define us as Canadians."
STUART MCLEAN

In McLean's 1992 book about small town Canada, Welcome Home, English and French Canada don't always seem to know much about each other. One example is the Quebecer who has never heard of French Immersion. I ask McLean, who travels across Canada for the Vinyl Café: Have things improved since then?

"I suspect that Canadians are more tolerant, more accepting of each other," he replies, "but it's time for us to go the next step." As he put it in his broadcast, "we haven't been successful with our sense of each other. We have been tolerant and ... accommodating too, but we haven't said that they are also us. We haven't embraced the most fundamental truth about us: that they are us, and we are them." It's the old Martin Buber idea, "I am thou," he tells me.

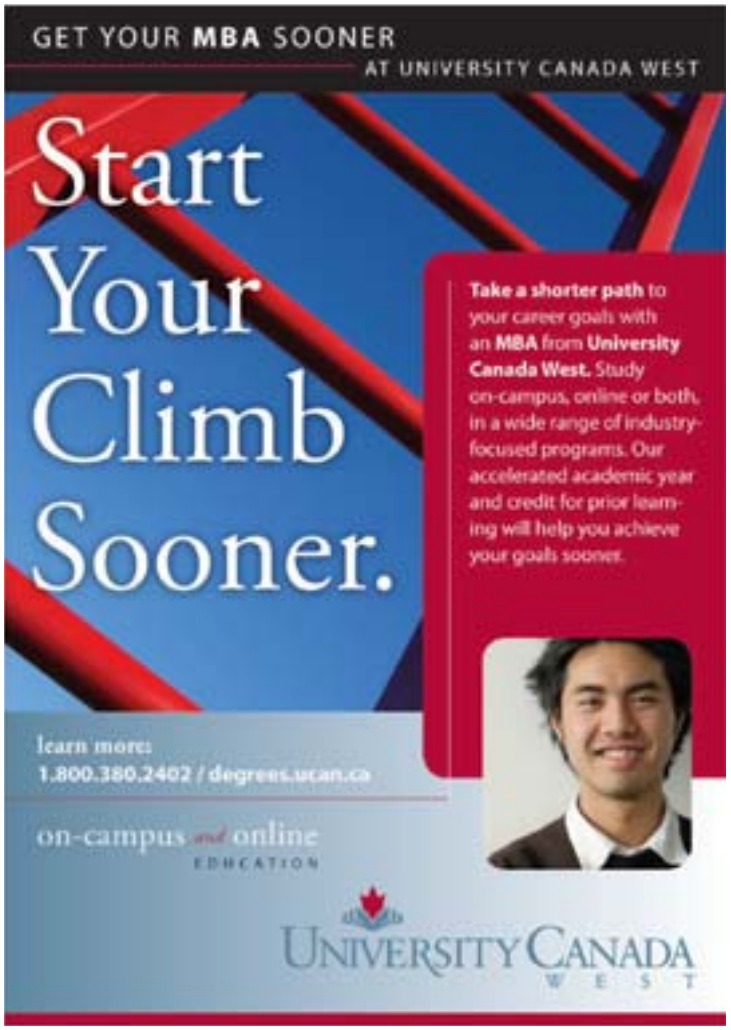
McLean grew up in the very English-speaking suburb of West Montréal.

"I learned the basics of French at school, but it's when I spent the summer working on a construction site where I was the only "Anglo" within 50 miles that, for the first time ... I understood what it meant to communicate in another language."

Looking back on that experience, he says: "I think I learned not to be shy — I could make errors, be inarticulate. I learned that I could communicate with my high school French." **NEWS CANADA**

more details

For more information on these resources and other tools, please visit OCOL's web site at officiallanguages.gc.ca.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Our History, Our Path

The Office of the Commissioner of Official Languages offers a variety of resources on its Web site. These resources could be useful for general interest or for teachers in subject areas such as English or French as a first or second language, social studies and history.

To appreciate and retrace the history of Canada's two official languages, Our History, Our Path provides a timeline that retraces historical milestones since the adoption of the Official Languages Act in 1969.

For those who are interested in trivia, OCOL's game Discover our languages helps you discover the rich history and culture of Canada's English and French official language communities. The accompanying map helps you locate these communities, which are found across Canada.

OCOL's online map of Canadian universities, Two Languages, a World of Opportunities, provides information on opportunities at various institutions across the country. **NEWS CANADA**

Wild ending at Whistling Straits

Martin Kaymer won the PGA Championship in a three-hole playoff yesterday that did not include Dustin Johnson, who was penalized two strokes for grounding his club in a bunker on the last hole.

Kaymer captured his first major in a PGA Championship that might be remembered as much for a guy who tied for fifth.

Johnson had a one-shot lead playing the final hole at Whistling Straits when he drove into a tiny patch of sand where the gallery had been walking all week. Johnson grounded his club, unaware he was in a bunker. He missed the seven-foot par putt to seemingly slip into a three-man playoff with Kaymer and Bubba Watson. But the two-shot penalty turned his 71 into a 73, and instead of going to a playoff for redemption from his U.S. Open meltdown, he tied for fifth and headed home.

As Johnson was leaving the course, Kaymer was coming up clutch again.

THE ASSOCIATED PRESS

73 Tiger Woods shot his worst round of the week yesterday at the PGA Championship, scrambling for a 1-over 73. He finished the tournament at 2-under 286.

ERIC GAY/THE ASSOCIATED PRESS

▶ Martin Kaymer admires the Wanamaker Trophy after winning the PGA Championship yesterday.

Rogers Cup goes to Murray once again

◐ Fourth seed wins rain-marred final in straight sets ◐ First to repeat at Canadian tournament since 1995

Andy Murray politely described his stay in Toronto as "one of the best weeks I've had," when it would have been just as accurate to describe his run at the Rogers Cup as one of the best weeks anyone could have on the ATP World Tour.

The 23-year-old from Scotland beat the top-ranked player in the world on Saturday, and he followed it with a win over No. 2 yesterday, winning the tournament with a 7-5, 7-5 victory over Roger Federer at Rexall Centre. It was his first title of the year.

Murray has become the first man to repeat in Canada since Andre Agassi successfully defended his title 15 years ago. He also became only the fifth player to beat both Rafael Nadal and Federer in the same tournament.

"I thought he played well. He wasn't giving me much and he clutch-served at the very end when he had to. He deserved the victory."
ROGER FEDERER ON MURRAY

"Winning a tournament is always great," Murray said. "This is the first time I've beat Roger and Rafa in the same tournament, which is probably the most pleasing thing. And I didn't drop a set against either of them — so it's good for the confidence for the next few weeks."

Murray claimed $443,500 with the win, while Federer had to settle for $222,000 with the loss.

THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

▶ Andy Murray returns the ball to Roger Federer during yesterday's Rogers Cup final.

NHLer Comrie weds actress

Actress Hilary Duff has tied the knot with free-agent NHLer Mike Comrie, most recently of the Edmonton Oilers.

The pair, who were engaged in February, sealed the deal in an intimate, 100-person ceremony, which was held at a California mansion around sunset on Saturday, according to MTV.

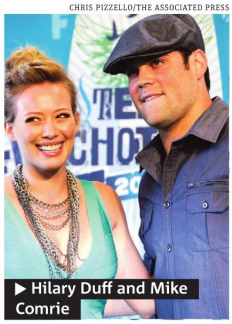
Audiences met the former child star as Lizzie McGuire, the lead role in the television series of the same name, and have watched her grow up over the years.

Duff, 22, has also succeeded as a singer and businesswoman, while Comrie, 30, has cut the ice as a centreman with several NHL clubs.

Duff's older sister, Haylie, was the maid of honour, and their mother walked the bride down the aisle.

TORSTAR NEWS SREVICE

CHRIS PIZZELLO/THE ASSOCIATED PRESS



▶ Hilary Duff and Mike Comrie

Sports in brief

Harden back on disabled list

TENDINITIS. Texas Rangers starter Rich Harden of Victoria is back on the disabled list, this time with tendinitis in his right shoulder.

It is the second time Harden has been on the disabled list this season with Texas.

Bay making progress

CONCUSSION. Mets manager Jerry Manuel says outfielder Jason Bay has started running for the first time since he went on the disabled list July 30 because of a concussion.

Manuel said the Trail, B.C., native looks "pretty good" before yesterday's game against the Philadelphia Phillies.

THE ASSOCIATED PRESS

4 sports

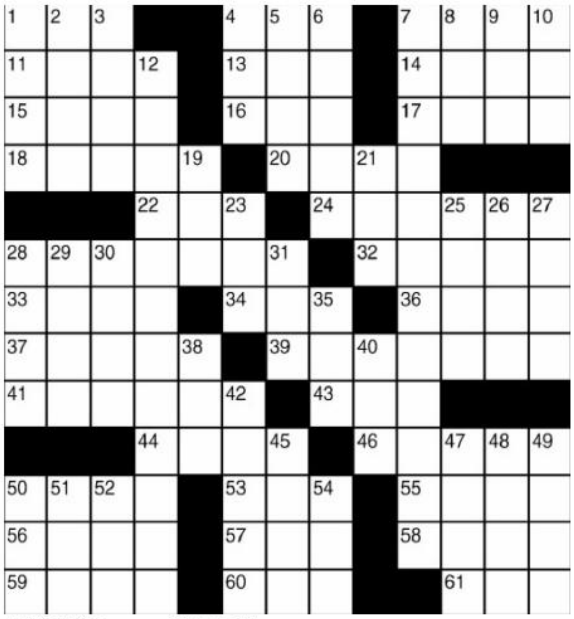
Women's action

Heidi El Tabakh
The Oakville, Ont., native will be the fourth Canadian in the main draw at the $2-million US Rogers Cup after earning a spot as a qualifier with a 3-6, 6-3, 6-2 comeback victory yesterday over Croatia's Karolina Sprem.

Rebecca Marino
The Vancouver native came up one match short in her bid to make it five Canadians in the tournament, losing 6-4, 6-4 to Russia's Ekaterina Makarova.

Scan code for more sports

Crossword



Across

1 Cheese partner
4 Genesis woman
7 Equipment
11 Midwestern state
13 A billion years
14 Operatic solo
15 — and Teller
16 Youngster
17 Change
18 Will of "Men in Black"
20 Nitwit
22 Embrace
24 "Pop Goes the —"
28 Bar musicmaker, often
32 Former planet
33 October birthstone
34 Poorly lit
36 Muscat's land
37 Boarded
39 "Scram!"
41 Stuck-up
43 Tibetan bovine
44 "Star Trek II: The Wrath of —"
46 Song of praise
50 Dog food brand
53 "Please explain"
55 Birthright barterer
56 Suitor
57 Eggs
58 Listening organs
59 "— She Sweet?"
60 Rowing tool
61 Butter square

Down

1 Beer ingredients
2 Throat-clearing sound
3 Short skirt
4 "A mouse!"
5 Null partner
6 Provide an income for
7 Inspected
8 Historic time
9 Atmosphere
10 Comic Romano
12 Watchful
19 Gist
21 Energy
23 Deity
25 Japanese wrestling
26 Greek vowels
27 Unrivaled
28 Trots
29 Fairy tale preposition
30 Green Hornet's sidekick
31 Roman 14
35 Spring month
38 To the — degree
40 Atlas page
42 Search engine name
45 PBS science show
47 Quickly, on a memo
48 Zhivago's love
49 Has to
50 Lawyers' org.
51 Hawaiian garland
52 Skillet
54 Simple card game

▶ Yesterday's answer

D	O	O	R	S		A	H	A		T	A	M
O	N	S	E	T		N	U	N		O	V	A
C	O	M	E	R		G	E	N	E	S	I	S
		O	L	I	V	E	S		M	E	A	T
D	I	S		P	A	L		O	P	E	N	S
A	R	I	A		L	A	B	E	L			
H	A	S	S	L	E		I	R	O	N	I	C
			S	A	T	Y	R		Y	E	T	I
C	A	D	E	T		E	D	S		M	O	D
A	D	I	T		M	A	S	Q	U	E		
C	H	A	S	S	I	S		U	N	S	E	R
T	O	R		A	C	T		A	D	I	M	E
I	C	Y		G	A	S		B	O	S	O	M

Sudoku

			2				7	5
4	8				5			
3				8			2	9
	4			7		3		
9								8
		3		1			9	
8	1			2				6
			8				1	4
5	6				3			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	5	8	2	7	4	9	1	3
7	3	9	6	1	5	4	8	2
4	2	1	9	8	3	7	5	6
8	1	7	3	4	9	6	2	5
3	4	5	1	2	6	8	7	9
9	6	2	8	5	7	1	3	4
2	9	3	7	6	8	5	4	1
5	8	6	4	3	1	2	9	7

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I'm Glad I Married You Guri.You are my love, You are my sweetheart, You are my life.....I do love you!
YOUR RAV

it's so inspiring to read a message here professing one's love to another. so i'm sending my own XOXO to all those in love! spread the feeling :) **MAMAFE**

To my partner in crime, thanks for making me laugh, for wiping away my tears and for an amazing summer. Happy 13 months sweetie. I freakin love you Leo!
LOVE, SYNTHIA

ry-guy
i love you, you're my favourite
LOVE BETHY

Dear Cody,
I fealt like ive known you forever but its only been six months. **I'M OH**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 19 You must look on the bright side of life as the new week begins. Don't sit at home brooding about what might have been: get out there and make things happen. Attitude is all important. Make yours ultra positive.

♉ Taurus April 20-May 21 Once you make up your mind about something that's it – nothing can make you change it again. You may see that as a strength but it could also be a weakness today. Even a Taurus needs to be flexible sometimes.

♊ Gemini May 22-June 21 You may have some explaining to do after your escapades over the weekend, but you don't have to make excuses.

♋ Cancer June 22-July 22 You may be pleasantly surprised today that a relationship which has been going through a tough time suddenly sparks back into life. As always, a lot depends on your expectations, so expect the best and you'll probably get it.

♌ Leo July 23-Aug.23 Today's Jupiter-Saturn opposition may undermine your confidence but everything will work out for the best in the end. It always does.

♍ Virgo Aug. 24- Sept. 22 You will find it quite easy to understand why people behave the way they do today, and that's just as well as they will be doing some rather strange things.

♎ Libra Sept. 23-Oct. 23 If you do not agree with what certain people are doing you must speak up and make your thoughts known. Saturn in your sign may make you a bit moralistic but only because you care about the people you love.

♏ Scorpio Oct. 24-Nov. 22 Listen to what your inner voice tells you and act on it immediately, even if it means doing the opposite to everyone else.

♐ Sagittarius Nov. 23-Dec. 21 You might be tempted to see how far you can push your luck today. Don't!

♑ Capricorn Dec. 22-Jan. 20 You'll be a bit nervous today but that's okay. By this time next week you will be full of confidence again and what's a week but a mere seven days. Between now and then steer clear of people who upset your balance.

♒ Aquarius Jan. 21-Feb. 18 Does it seem as if everyone is conspiring against you? If so you need to stop worrying and start acting as if the whole world wants you to succeed – because it does. You're being negative for no good reason.

♓ Pisces Feb. 19-March 20 You will see connections and possibilities today where other people see only confusion. As a Pisces you have a natural ability to tap into the positive energy. **SALLY BROMPTON**

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Caption contest

JAVIER GARCIA/THE ASSOCIATED PRESS

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How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

To anyone out there... if you are in need of back surgery... do yourself a favour and check out decompression! I can't stress it enough... IT WORKS! They are great, wonderful people who care about your well-being.

- Andrea S., Victoria

I always had back problems for 10 years and everyday got worse. But in Sept. 2009 I saw CDPC and started treatment. I felt better after the first treatments, and now after five treatments, I feel a good improvement. It is less painfull, I sleep better at night, and most improvement is that I can walk with no pain.

- Johanne T., Vancouver

I have had 6 sessions with CDPC. The pain (which I have endured for the previous 15 years) has almost completely dissipated. As well, my posture has noticeably straightened. I anticipate a complete and lasting pain-free existence once the balance of treatments has been completed.

- Michael P., Vancouver

I have had a lot of problems with my lower back and with my sciatic nerve... I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone have lower back problems.

- Kenneth R., Edmonton

I will be forever grateful…the pain was excruciating and debilitating…I used to tell my friends and family that if I could cut off my leg I would…And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks…I am actually looking forward to being able to dance again.

- Rhona K., Calgary

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